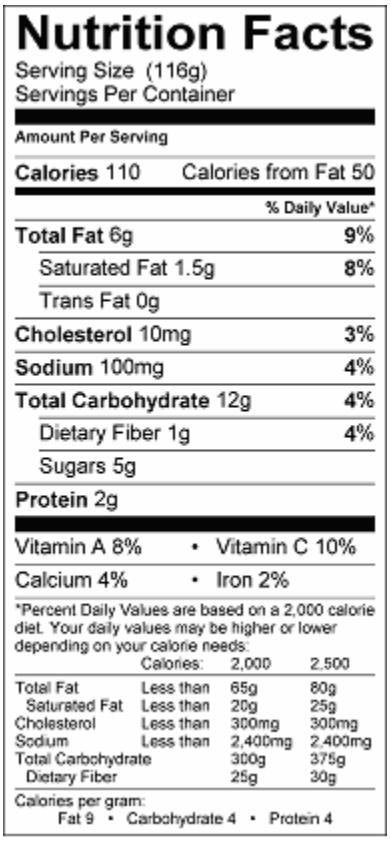
Patio Salad AG 10

Number of Servings: 10 (116.43 g per serving)

Amount	Measure	Ingredient
5/8	tsp	Spice, mustard seed, ground
4.00	tsp	Sugar, white, granulated
2/3	cup	Sour Cream, light
1/2	cup	Dressing, mayonnaise, light
10 1/2	oz	Corn, fzn
2/3	cup	Onion, white, fresh, chpd
2/3	cup	Celery, fresh, diced
1 2/3	cup	Tomatoes, red, fresh, year round avg, chp
2/3	cup	Cucumber, w/o skin, fresh, pared, chpd

Nutrients per serving



Nutrition Facts

Serving Size (116g)
Servings Per Container

Amount Per Serving

Calories 110 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 100mg	**4%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 5g	
Protein 2g	

Vitamin A 8% • Vitamin C 10%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Mustard seed, ground is Dry Mustard
Light Mayonnaise or Salad Dressing may be used in this recipe
Each pound of frozen corn (3 1/2 c) = 3 c corn after cooking
If participants prefer less onion part of onion may be replaced with diced peeled seeded cucumbers
Dice fresh tomatoes

Mix first 4 ingredients together into a dressing and refrigerate. Slightly cook corn and cool; dice onion, celery, tomatoes and peeled seeded cucumbers.
Mix vegetables with dressing and refrigerate until <41 degrees. May be prepared the day before and refrigerated.
1 serving = 1/2 c or #8 scoop
1/2 cup = 1 CS
Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.

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